


JULY 2019

DEAM Calendar DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 _____ Summer Fun: Do anything that you enjoy that involves MVPA.	2 _____ Read a book while standing or walking in place.	3 _____ Take a walk.	4 _____ Think about what you eat. Make one healthy choice today.	5 _____ Do some yoga today. Search YouTube for ideas.	6 _____ July is Picnic Month. Pack a lunch and take a hike!
7 _____ Do as many reps as you can of any exercise. Track your progress.	8 _____ Summer Fun: Do anything that you enjoy that involves MVPA.	9 _____ Read a book while standing or walking in place.	10 Take a walk.	11 _____ Think about what you eat. Make two healthy choices today.	12 _____ Do some yoga today. Search YouTube for ideas.	13 _____ July is Anti-Boredom Month. Stay active today!
14 _____ Do as many reps of the same exercise from above. Track your progress.	15 _____ Summer Fun: Do anything that you enjoy that involves MVPA.	16 _____ Read a book while standing or walking in place.	17 Take a walk.	18 _____ Think about what you eat. Make three healthy choices today.	19 _____ Do some yoga today. Search YouTube for ideas.	20 _____ July is Ice Cream Month. Stay active and reward yourself with a treat!
21 _____ Do as many reps of the same exercise from above. Track your progress.	22 _____ Summer Fun: Do anything that you enjoy that involves MVPA.	23 _____ Read a book while standing or walking in place.	24 Take a walk.	25 _____ Think about what you eat. Make four healthy choices today.	26 _____ Do some yoga today. Search YouTube for ideas.	27 _____ July is Blueberry Month. Remember to get 3 servings of fruit today.
28 _____ Do as many reps of the same exercise from above. Track your progress.	29 _____ Summer Fun: Do anything that you enjoy that involves MVPA.	30 _____ Read a book while standing or walking in place.	31 Take a walk.			

DEAM Days:

- "Super Sunday"
- "Move More Monday"
- "Two-on Tuesday"
- "Walking Wednesday"
- "Think-It Thursday"
- "Flexibility Friday"
- "Sit-less Saturday"

Please Remember

- > Always get adult permission before doing any activity.
- > Return calendar to your teacher at the end of the month.

Purpose:

This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, there is an activity that each student is asked to complete with a family member (or with adult supervision).

Directions:

After a child completes a day's activity, the adult should initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" across that day (do not initial).